

GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-7306

"Linking Needs with Resources"

April 2016
Vol. 14 Issue 4

April Out to Lunch
Wednesday, April 20th

SALEM CROSS INN

Grafton seniors come join us for lunch at the Salem Cross Inn located in West Brookfield, MA. The Grafton Senior Center is reserving a bus to take a group of seniors to enjoy a fabulous lunch out at the Salem Cross Inn. Lunch will include garden salad, your choice of either Maple Salmon or Yankee Pot Roast with Pan Gravy, and dessert of ice cream cakeballs. The cost will be \$24.00/pp for the meal and \$4.00 for transportation (total \$28.00/pp).

This will be a very popular event, so please don't wait to call the Senior Center at 508-839-9242 to reserve your spot.

Lion's Club Swedish Meatballs



Thursday, April 28th at 5:00 pm

Grafton Seniors join us in the Municipal Center gymnasium for a wonderful Swedish meatballs dinner courtesy of the Grafton Lion's Club.

Please call 508-839-9242 and make a reservation by Friday, April 22nd. Many thanks to our fine Lions!!

"PROTECT YOURSELF FROM MEDICARE FRAUD"

Wednesday, April 20th—10:30 am

Massachusetts Senior Medicare Patrol will be presenting a free Medicare Workshop to provide you with the tools to become better educated and engaged health care consumers to protect yourselves and loved ones from Medicare fraud and deceptive marketing tactics.

Please call 508-839-9242 to sign-up for this program.

WRIGHT'S CHICKEN FARM TRIP

Thursday, May 12th

Bus leaves at 10:30 am—Approx. return 3:00 pm



The Friends of the Grafton Elders (FOGE) are sponsoring a lunch trip to Wright's Chicken Farm in Harrisville, RI. The cost for a Grafton senior will be \$10/person. This includes a meal, gratuities, taxes and transportation to and from Wright's Farm from the Senior Center. The remainder of the cost will be paid for by FOGE. Space is limited, so reserve your spot soon. Please sign up at the Senior Center 508-839-9242 by April 21st.

WANTED

MEALS ON WHEELS DRIVERS

Are you free once a month to volunteer from 10:30 am—12:00 pm? Drivers are needed to drop off meals to homebound elders. It's quite a rewarding experience. You can deliver once a week or once a month. Routes and meals are picked up at the Grafton Senior Center. Mileage reimbursement is available. Please see Karen Kosiba, Meal Site Manager, for a volunteer application and CORI form.

MEALS

Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45am—noontime. Lunchtime is until 12:30 pm. If you would like to sign up, call 508.839.9242. **Reserve by 10:30 am two days before.** If you are in need of home delivered meals, call 508.852.3205. If you do not drive, consider taking the bus to the Center for lunch! Suggested donation is \$2.50 for those over 60 and \$5.00 for those under 60. Menu includes milk, coffee, margarine, bread and dessert. Worcester Elder Services is our agent for the Elder Nutrition Program. Bring a friend or make some at lunch. PLEASE KNOW YOUR DONATION OF \$2.50 PER MEAL HELPS KEEP THE PROGRAM RUNNING!



This Month's Fare:

- Friday, Apr. 1st..... Stuffed Shells
- Monday, Apr. 4th..... Beef Burgundy
- Tuesday, Apr. 5th Chicken with Asparagus
- Wednesday, Apr. 6th American Chop Suey
- Thursday, Apr. 7th..... Beef w/Peppers & Onions
- Friday, Apr. 8th..... Alaskan Salmon with Dill
- Monday, Apr. 11th..... Lemon Thyme Chicken
- Tuesday, Apr. 12th Beef w/Jardiniere Sauce
- Wednesday, Apr. 13th Herb Roasted Pork
- Thursday, Apr. 14th..... Spaghetti & Meatballs
- Friday, Apr. 15th..... Cheese & Spinach Omelet
- **Monday, Apr. 18th..... Center Closed**
- Tuesday, Apr. 19th Greek Chicken
- Wednesday, Apr. 20th Meatloaf & Gravy
- Thursday, Apr. 21st Turkey Stew
- Friday, Apr. 22nd..... Breaded Fish Fillet
- Monday, Apr. 25th..... Beef Stew
- Tuesday, Apr. 26th Vegetable Cheese Bake
- Wednesday, Apr. 27th Chicken Murphy
- Thursday, Apr. 28th..... Salisbury Steak
- Thursday, Apr. 29th..... Macaroni & Cheese

CENTER PROGRAMS

- BILLIARDS**—Most anytime – except Tuesday mornings
- BLOOD PRESSURE CLINIC**—Every Thurs. 11 am
- CERAMICS**—Tuesdays 1:00 pm
- CHAIR YOGA**—FRIDAYS – 9:00 am – Free of charge for Grafton seniors thanks to FOG.
- CONGRESSPERSON OFFICE HOURS**—Vary
- COUNCIL ON AGING**—Meets 2nd Thursday of every month at 2:00 pm except July and December unless otherwise posted
- CRAFTS**—Wednesdays at 9:00 am
- DAY TRIPS/EXTENDED TRIPS** Vary - See Newsletter for info- Brochure rack in Senior Center
- DUPLICATE BRIDGE**—Tues /Thurs. 9:00 am-upstairs
- FALL PREVENTION EXERCISE**—Mondays 10:15 am, Wednesdays 10:30 am
- FIVE CROWNS**—3:00 pm Wednesdays
- FUEL ASSISTANCE**—See Lisa Kelley for appt
- HOOKE ON BOOKS CLUB**—First Wed. of the Month - 10:30 am – noon
- JOG YOUR NOGGIN**—Fun Trivia EVERY Wed. 10:45 am- Unless otherwise noted on calendar.
- LUNCH**—Mon- Fri 11:45 am \$2.50 suggested donation – Call two business days prior by 10:30 am
- MAT YOGA**—Mondays at 9:00 am & Wednesdays at 12:30 pm. Free of Charge for Grafton Seniors thanks to FOG.
- Medical Equipment Loan Closet**—crutches, wheelchairs, canes, etc.—just ask!
- NAILS-WITH SARA**—Tuesdays by appt 1.508.277.0534. Sara also does pedicures and facial hair removal.
- ORGAN SOCIAL**—Tuesday mornings at 10:00 am
- OUTREACH**—Assessing needs and linking resources – Call for appt with Lisa.
- OUT TO LUNCH**—Monthly outing to area restaurant
- PAINTING INDEPENDENTLY**—Fridays 10:00 am
- PITCH**—Mon & Tues 1:00 pm, Thursdays 6:30 pm
- RUMMIKUB**—Wednesdays 1:00 pm
- SCRABBLE**—Tuesdays at 9:30 am
- SENIOR EXERCISE CLASS**—10:30 am Tuesdays and Thursdays. Free for Grafton Seniors thanks to FOG.
- SINGING GROUP**—Fridays at 10:00 am
- STITCH AND BITCH**—Thursdays – 6:30 pm
- TAI CHI & ADV. TAI CHI**—FREE FOR GRAFTON SENIORS THANKS TO FOG— Fri. 10:00 am and Adv. 11:00 am
- Tax Work Off Program**—Call Barb Connelly for more info.
- TRANSPORTATION**—Call the office for all the info!
- WHIST**—Fridays at 1:00 pm
- Wii- TV GAME EXERCISE**—Available in the TV room - almost any time!
- YAHTZEE**—Thursdays at 1:00 pm
- ZUMBA GOLD**—Wednesdays at 11:30 am

**PODIATRY****DR. MICHAEL J. BIANCAMANO, D.P.M.**

Dr. B. will be offering podiatry services on:

Wednesday, April 27th—1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all your insurance cards and a list of medications you currently take.

FREE**MEDICAL VAN RIDES FOR APRIL**

Courtesy of Tufts Neighborhood Service Fund

Through the generosity of the Tufts Neighborhood Service Fund we are able to offer free medical van rides for the month of April for Grafton residents age sixty and older and those disabled of any age.

Please call 508-839-9242 at least 48 hours in advance to schedule a ride.

Beginner Piano Lessons

Dennis Deyo is teaching piano lessons on Thursdays at the Senior Center at 10:00 am. There is an initial cost of \$30.00 for the books and each lesson will be \$5.00/pp. Class size is limited.



If interested in taking lessons or refreshing your piano skills, please contact the Senior Center at 508-839-9242.

April**SHOPPING TRIPS**

Here is a wonderful opportunity to get out and about to do your shopping. This month we will be traveling by our van to the following locations:

Tues., April 5th—Target**Tues., April 12th—Market Basket****Fri., April 22nd—Christmas Tree Shop****Tues., April 26th—Walmart**

Please call the Senior Center to sign up as there is limited seating on the bus. Sorry, Grafton residents only.

ONE ON ONE LEGAL CONSULTS

Atty. Carolyn Spring visits our Center and provides private consultations at no charge. Please call the office to make an appointment. Thanks to Atty. Spring for her generosity.

FULLY CLOTHED**TABLE MASSAGE WITH JAMIE DUDLEY****Friday, April 8th—9:30 am-12:30 pm****Friday, April 22nd—9:30 am-12:30 pm****\$20.00/30 min.**

By appointment and payment paid to Jamie when services are rendered. Come give it a try!!!

Call 508-839-9242 for an appointment.

TOTE RAFFLE**\$.50 per ticket or \$1.00 for 3 tickets**

A beautiful quilted tote handcrafted by our very own crafter, Nina Whiting is being raffled off to help support the Senior Center.



Please stop by the Senior Center office to see the tote and purchase your tickets. Drawing will take place on "Earth Day", April 22nd at 10:00 am. Winner need not be present.

REMINDER

Please remember to scan in when you are at the Senior Center for an activity. It is very important for our stats!

TRIPS! TRIPS! TRIPS!

Tuesday, May 17, 2016—The Ultimate Tribute Show to Elton John and Billy Joel featuring Joey Riedel and Michael John at the Danversport Yacht Club in Danvers, MA. Includes transportation, luncheon, and show. \$89/pp.

Tuesday, June 21, 2016—Long Island Sound Lighthouse Cruise aboard a high-speed Sea Jet Catamaran and view 8 lighthouses, 2 forts and more. Enjoy an early bird dinner at Go Fish and spend some free-time in Mystic Village. \$98/pp.

Tuesday, July 12, 2016—Block Island Sightseeing Tour. Includes tour, full course luncheon at the National Hotel, roundtrip Block Island Ferry, Luxury Silver Fox Motor Coach. \$109/pp.

Wednesday, July 27, 2016—The Lobsterbake at the Clam-bake Seafood Restaurant on Pine Point in Scarborough, ME. Includes transportation, guided tour of Kennebunkport, and lunch. \$89/pp.

Please call the Senior Center at 508-839-9242 if you have any questions or stop by and pick up a brochure.



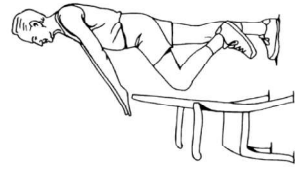
Monday

Tuesday

Wednesday

Thursday

Friday




Come try the free fall prevention exercise classes on Mondays and Wednesdays courtesy of a grant from Massachusetts Councils on Aging! And, thank you Friends of the Grafton Elders for continuing to sponsor the other exercise programs for Grafton seniors.



4	9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch	5	SHOPPING TRIP—Target 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	6	9:00 am Crafts 10:30 am Book Club 10:30 am Fall Prevention Exercise 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown	7	9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	8	9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
11	9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 am Pitch	12	SHOPPING TRIP—Market Basket 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social	13	9:00 am Crafts 10:30 am Fall Prevention Exercise 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga	14	9:00 am Volunteer Breakfast 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch	15	9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch



1:00 pm Pitch	10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	18 <i>Center Closed Patriot Day</i> 	19 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	20 OUT TO LUNCH—Salem Cross Inn 9:00 am Crafts 10:30 am Senior Medicare Pa- trol Program 10:30 am Fall Prevention Exer- cise 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	1:00 pm Rummikub 3:00 pm Five Crown	1:00 pm Yahrtzee 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch	1:00 pm Whist
22 SHOPPING—Christmas Tree Shop 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tote Drawing 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist	21 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahrtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	20 OUT TO LUNCH—Salem Cross Inn 9:00 am Crafts 10:30 am Senior Medicare Pa- trol Program 10:30 am Fall Prevention Exer- cise 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	19 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	20 OUT TO LUNCH—Salem Cross Inn 9:00 am Crafts 10:30 am Senior Medicare Pa- trol Program 10:30 am Fall Prevention Exer- cise 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	1:00 pm Rummikub 3:00 pm Five Crown	1:00 pm Yahrtzee 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch	1:00 pm Whist
25 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch	26 SHOPPING TRIP—Walmart 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	25 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch	26 SHOPPING TRIP—Walmart 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	27 9:00 am Crafts 10:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Podiatry 1:00 pm Rummikub 3:00 pm Five Crowns	1:00 pm Rummikub 3:00 pm Five Crown	9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahrtzee 5:00 pm Lion's Club Dinner 6:30 pm Pitch 6:30 pm Stitch N Bitch	9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
28 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahrtzee 5:00 pm Lion's Club Dinner 6:30 pm Pitch 6:30 pm Stitch N Bitch	29 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist	28 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahrtzee 5:00 pm Lion's Club Dinner 6:30 pm Pitch 6:30 pm Stitch N Bitch	29 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist	29 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist	1:00 pm Rummikub 3:00 pm Five Crown	9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahrtzee 5:00 pm Lion's Club Dinner 6:30 pm Pitch 6:30 pm Stitch N Bitch	9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Well, we cannot complain about the weather. We had a mild winter and temperatures in the 70's in March. Hopefully, we will have Spring and not jump right into Summer. A friend of mine now living in Florida periodically calls me to give me his weather report. He wasn't able to brag too much this past winter.

The Senior Center is now offering free Fall Prevention exercise classes for seniors on Mondays and Wednesdays. The classes are courtesy of a grant from the Mass. Assoc. of Councils on Aging and are very popular. Drop by the Senior Center and check them out for yourself. Please call the office if you have any questions.

Tax season is winding down. AARP has been completing simple senior tax returns since the beginning of February. Their last appointments will be on Friday, April 8th.

Many thanks to Tufts Neighborhood Service Fund and St. James Outreach Committee for funding free medical van rides for March through July. Also, thank you St. James Outreach Committee for supplying the Senior Center with \$250.00 in gift cards to be given to seniors in need throughout the year.

You never know who you may run into at your favorite coffee shop. Selectman Spinney was having coffee alone, so I pulled up a chair and sat with him. He was kind enough to ask about the Senior Center. He referenced how well it is managed. He said, "Barbara is doing a fine job and has great people working with her." He also mentioned to let him know how the Selectmen may be of assistance. I told him that I would relay the message to Barbara and thanked him.

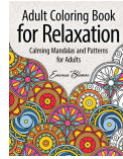
Stay healthy, safe, and enjoy Spring!!

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, April 11th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am in the Bolack Room of the Senior Center, unless otherwise posted. We thank our wonderful volunteer nurse Mary Ellen!



APRIL IS STRESS AWARENESS MONTH

Take time to unwind...



Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity. It's healthy to relax, renew, and rejuvenate. The Washington Post printed "Coloring books for grown-ups can ease stress and calm one's inner child."

The Senior Center is celebrating Stress Awareness Month by handing out adult coloring books and colored pencils while supplies last. Please stop by the office to pick up your book and happy coloring!

GIGGLES

The Art of the Deal



An elderly couple return to a Mercedes dealership where the salesman has just sold the car they were interested in to a beautiful, leggy, busty blonde. "I thought you said you would hold that car till we raised the \$75,000 asking price," said the man. "Yet I just heard you closed the deal for \$65,000 to that lovely young lady there. You insisted there could be no discount on this model."

"Well, what can I tell you? She had the ready cash and, just look at her, how could I resist?" replied the grinning salesman.

Just then the young woman approached the aged couple and gave them the keys.

"There you go," she said. "I told you I would get the dope to reduce it. See you later, Grandpa."

Never mess with the elderly!!

Courtesy of Judy McKenzie

"CIRCUIT BREAKER TAX CREDIT"

State Rep. David Muradian has information available at the Grafton Senior Center regarding "The Circuit Breaker" tax credit. It is called the Circuit Breaker Tax Credit because it is "triggered" like an electrical circuit breaker when property payments exceed 10% of a senior citizen's annual income. Those who qualify will still be required to pay property taxes to their local communities. Seniors will receive a dollar credit on their Massachusetts state income taxes for every dollar that the total of their property, water and sewer bills exceed 10% of their income, up to the \$1,070 maximum amount.

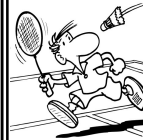
Please stop by the Senior Center for a brochure and tax credit worksheet.

**WANTED—COSTUME JEWELRY**

Please keep the Senior Center in mind when Spring cleaning out your closets and dressers. We are looking for donations of any type of jewelry for our Vintage Collections located outside the Assessor's office in the Municipal Building. Thank you!

**REMINDER**

The Grafton Senior Center is closed Monday, April 18th for Patriot Day.

**BADMINTON**

The badminton net will be set up in the gym on Thursdays at 11:30 am for anyone who wishes to play. Please stop by the Senior Center Office to pick up a racquet and birdie.

COUNCIL ON AGING MEMBERS

William Drago, Chair • William Cutler, Vice Chair
 Marcella Benoit, Secretary
 Rev. Phil Goff
 Annette McCarthy
 Peter Shay
 Nina Whiting

STAFF

Barbara Connelly, Director
 Nancy Malone, Office Manager
 Lisa Kelley, Outreach Worker
 Martha Charter, Van Driver
 Kerry MacDougall Lewis, Activities Coordinator
 Bryan Dudley, Van Driver
 Karen Kosiba - Meal Site Manager

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